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December 2012

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Facets

Facet - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

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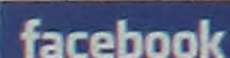


ON THE COVER

Michael Kors gold and black heels from Miss Meyer's. By Amy Vinchattle/Facets

WANT TO BE IN FACETS?

We're looking for Story County residents to appear as models in future issues. No previous modeling experience is required. Contact us at www.facebook.com/facets magazine if you're interested.

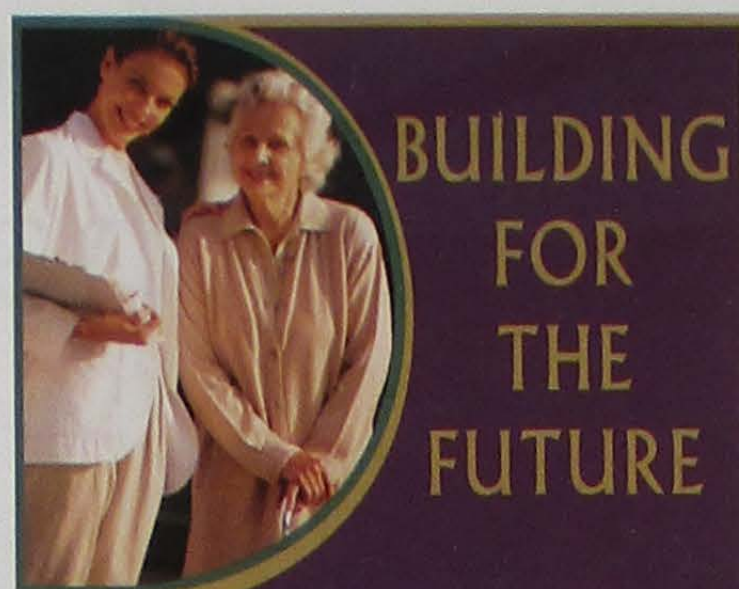


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Have a happy holiday season

As we added a couple of members to our family a few years ago, we decided to start drawing names for whom to buy Christmas gifts.

Aside from the financial strain of buying for everyone, the season was becoming consumed by running from store to crowded store under pressure to find the perfect gift for too many people.

Now we have the time and money to track down one thoughtful gift for a single family member.

Yet, for the last three holiday seasons since I moved to central Iowa, the amount of driving it takes to see my family has detracted from the joy of actually spending time with them.

My mom and stepdad live



JENNIFER MEYER

in Rock Island, Ill. My sister and her new husband live nearby in Bettendorf. My dad and stepmom live in Dubuque. My other sister and her husband live in Cedar Rapids.

Last year, I demanded that Christmas with my mom be celebrated over the same weekend as Christmas with my dad, to spare myself from driving three hours one way for Christmas

with her and then four hours one way for Christmas with him.

With separate celebrations for my mom and dad, and planning around my sisters' husbands' family gatherings, it is hard finding a time when everyone can get together.

This year, we are meeting at my sister and brother-in-law's new house in Cedar Rapids. My dad and stepmom will come one day, my mom and stepdad the next, and my sister and brother-in-law from Bettendorf and I will stay overnight.

It sounds a little like a conveyor-belt Christmas — take out one set of parents and bring in the next one — but everyone is really excited about it, and I am looking forward to only driving to Cedar Rapids and back.

Activities like shopping, driving, cleaning, and even entertaining or baking — I refuse to bake apple pies from scratch without a helper anymore — can become overwhelming and exhausting this time of year. Anxiety sky-rockets, and we lose focus.

Whether your faith observes Christmas, or if you practice any religion at all, the holiday season is still a time we can celebrate what is important in our lives with the people we love.

Take a deep breath. Slow down to smell the fresh Christmas pine. And have a happy holiday season. ♦

Reach Facets Editor
Jennifer Meyer via email
at jmeyer.facets@gmail.com.

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HOLIDAY LIGHTS

I'm a Scrooge, and it's the only reason I put up a tree at all. I have fond memories of my parents driving my sisters and me — all three of us in the back seat of their Sunbird — around different neighborhoods when we were kids.

— Jennifer Meyer, Facets editor

MANICURES

I never had one until this summer, but now I am going through withdrawal trying to stop.

— Jennifer Meyer, Facets editor



By George Doyle/Stockbyte/Thinkstock

SHUTTERFLY PHOTO GIFTS

They are personal and have a lot of sentiment. It takes the guessing game out of gift shopping.

— Krista Wrage, owner of Studio7 Salon

\$5 MOVIES

I have recently discovered you can see a movie (not 3-D) for \$5 all day on Tuesday at Cinemark Movies 12 in Ames.

— Jeni Adkisson,
Facets designer

'CALL THE MIDWIFE' ON PBS

It's great story about an amazing group of women.

— Mary Clare Lokken,
Facets contributor



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All fashion photos by Amy Vinchattle/Facets

Holiday fashion

Put together the perfect outfit

Holiday get-togethers of all kinds are fast approaching. As these future festivities loom, the perennial question arises: "What am I going to wear?" This year, we've enlisted some local women's clothing store owners to help answer that question. They've put together some perfect holiday outfits you can pick up right here in Ames. ♦



B. BELLE

207 Main St., Ames

Opposite page: Top: Adam Jacobs tobacco satin finish jacket, \$119; Teez Her black sequin body-shaper top, \$44; brass chain and slide necklace, \$21; gold stretch True bracelet, \$26. Bottom: Imoshion Soho brown sequin bag, \$139. **This page:** Below: Lisette L black ankle pants, \$109.



AYDEN LEE

1614 S. Kellogg Ave., Ames

This page: Right: Grey military style wool coat, \$80; grey sweater \$34.95; red skinny pants, \$32.95. Below: Red ruffle zipper purse, \$40.



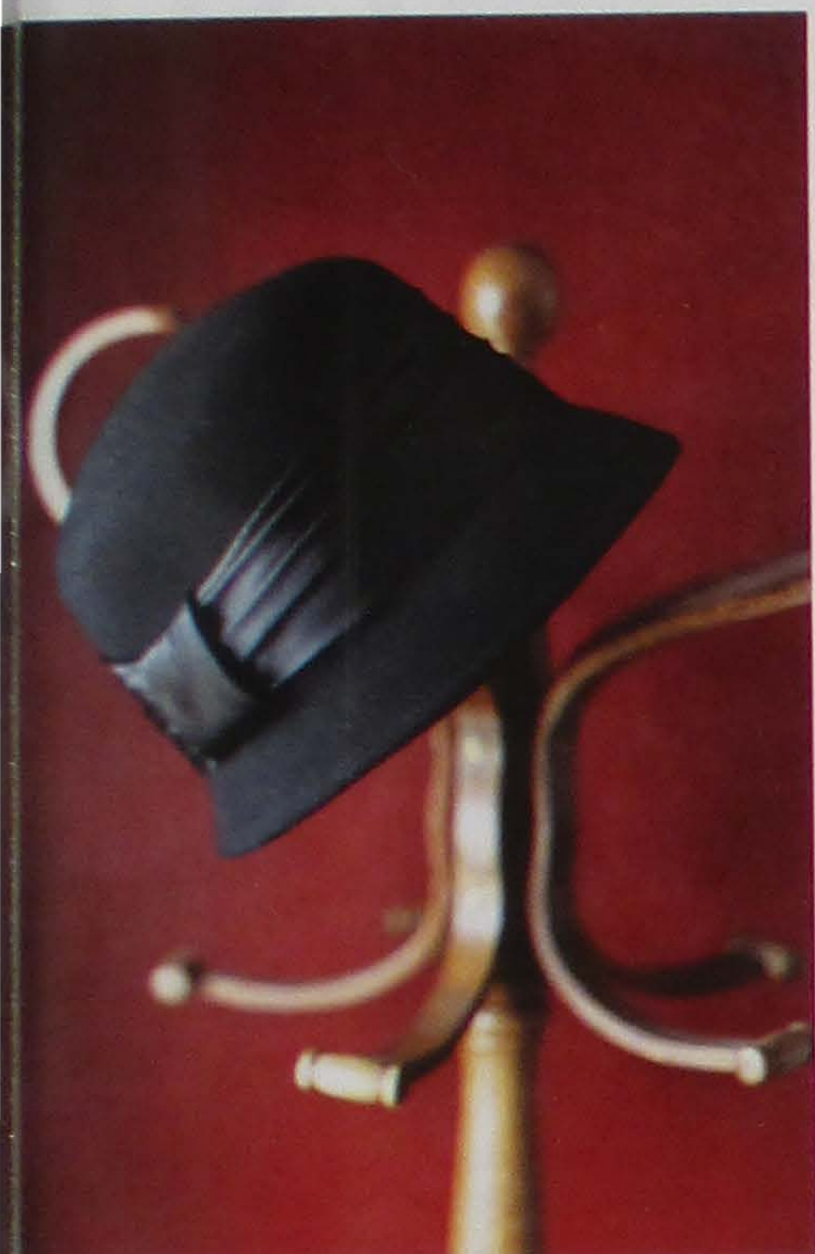


MISS MEYER'S

432 Fifth St., Ames

This page: Above: Trina Turk blouse, size small, \$28.50; Joan Rivers gold necklace, \$22.50. Below: Michael Kors gold and black heels, size 8, \$26.50. Right: Zara denim jeans, size 6, \$24.50.





JUST FABULOUS DARLING

2610 Northridge Parkway, Suite 101, Ames

This page: Above: Sacred Threads black multi-patterned dress, \$70; black, orange and gold beaded necklace, \$23 (for set with earrings, not shown); flower snap bracelet, \$5. Top left: Black wool flapper hat, \$65. Left: Silver handbag with rhinestones, \$49.

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Evergreen tradition

Christmas tree farm owner helps families create holiday memories and traditions

BY KATHY HANSON

At first glance, it seems Sandra Hunter works year-round to realize a return on investment that hinges on the four short weeks between Thanksgiving and Christmas.

But Hunter, 63, who owns and operates The Christmas Tree Farm near Maxwell, says she is investing in something beyond selling trees.

"I'm helping creating warm and wonderful holiday traditions and memories for families," she said.

Hunter admits her vision was misty with holiday spirit when she first looked out over the 10-acre property she and her former husband, Harry Hunter, acquired over Thanksgiving weekend in 1991.

Unable to dispel the notion that the land was meant to grow Christmas trees, the Hunters attended an Iowa Christmas Tree Association meeting in January 1992. The association gave the couple the foundation they needed to launch an enterprise that has been thriving since they hand-planted the first 2,200 trees, purchased from the state forest nursery, Hunter said.

"We worked around our full-time jobs," she said. "It took two weeks."

Hunter, who recently retired as information technology director for Story County, said she and Harry Hunter, who works for a software company in Nevada, took advantage of the mild winter in 1992 to groom the land for their "choose and cut" tree farm.

"One of the first things we did was burn off the field," Hunter said. "But the fire spread to the neighbor's yard, and it was chaos. It was not the ideal way to meet the neighbors."

It didn't take long, however, to cultivate great relationships with the neighbors, Hunter said.

"Those same neighbors that helped put out the fire will be over next week to help me with my annual wreath-making," she said in early November.

The lasting bonds Hunter forms with her customers are another of tree farming's

VISIT A CHRISTMAS TREE FARM

Visit Hunter's farm, The Christmas Tree Farm, at 33459 663rd Ave., Maxwell, Iowa. Phone: (515) 387-8778.

For information about other Iowa Christmas tree farms, visit the Iowa Christmas Tree Growers website at www.iowachristmastrees.com.

many perquisites, she said.

Eunice Hofmeyer, of Urbandale, for example, said she counts Hunter among her friends. They met at a conference that had nothing to do with Christmas trees or their work, and bonded over a conversation about things they had in common, like family in California and the fact their daughters have birthdays one day apart.

With grown children in California, Virginia and Iowa, Hofmeyer said celebrating Christmas at her Iowa home has become a tradition that holds the family together. Even if they all do not visit at the same time, Hunter's Christmas tree farm provides a holiday activity each family group can enjoy.

This year, for example, the Iowa grandchildren chose and tagged the tree. The San Francisco grandchildren will visit around Thanksgiving and harvest the tree. Everyone will enjoy the special handmade wreath Hofmeyer brings home from the farm, which she hangs in memory of Grandpa Ken Hofmeyer.

"I hope my (adult) children will carry on the tradition of cutting a tree at Sandra's farm when they have grandchildren," Hofmeyer said.

Hofmeyer speculates Hunter's way with people is one factor in her success. Beyond the experience of trekking to Hunter's farm "to get the sled and saw, and head down the row for the tree tagged with our special ribbon," the family looks forward to meeting up with Hunter, Hofmeyer said.

There's always anticipation of finishing the task, sipping hot apple cider and nibbling homemade crackers around the crackling fire with Sandra in the Shoppe, Hofmeyer said.

Hunter said she is thankful the tree farm enterprise has stood the test of time, even

CHRISTMAS TREE FACTS

- Real Christmas trees are an all-American product, grown in all 50 states, including Alaska and Hawaii. Most artificial trees are manufactured in Korea, Taiwan or Hong Kong.
- Real trees are a renewable, recyclable resource. Artificial trees contain non-biodegradable plastics and metals.
- For every real Christmas tree harvested, two to three seedlings are planted in its place.
- There are about 1 million acres in production for growing Christmas trees. Each acre provides the daily oxygen requirements of 18 people.
- There are about 15,000 Christmas tree growers in the U.S., and more than 100,000 people employed full- or part-time in the industry.
- There are approximately 100 "choose and harvest" farms in Iowa. A typical operation is three to eight acres in size.
- It can take as long as 15 years to grow a tree of average retail sale height (6 feet), but the average growing time is seven years.
- Nine varieties of Christmas trees grow well in Iowa. The top selling varieties in Iowa are Scotch pine and White pine.

— Source: Iowa Christmas Tree Growers Association, www.iowachristmastrees.com

though she and Harry Hunter divorced 12 years ago. She has taken on the responsibility of full ownership.

The year-round work includes pruning the Frazier firs and removing cones, shearing the pines, and mulching, mowing, and spraying for weeds, insects and disease.

Help comes from boyfriend Darren Knoll, who assists Hunter with large-scale planting and maintenance, and daughter Amber Darby, 42, who comes from Des Moines to help with mulching, planting and wreath-making.

Hunter takes setbacks in stride. She adapted to this summer's drought, which claimed 800 trees, by planting 400 new trees this fall.

A new auger replaced hand-planting, she said, and she ordered trees from out of state, since the state forest nursery does not carry all the varieties her customers expect.

Hunter said she can't foresee how long she will keep the farm. Her daughter teases her mother about how quickly she would call a Realtor if she ever inherits the farm, Hunter said.

"Now that I'm retired, I'm going to enjoy it as long as I can," Hunter said, putting down her pruning shears.

"I'm outside in the fresh air, getting the right kind of exercise. I have camaraderie with other tree growers. I make enough profit to supplement my income," she said. "I get to volunteer at the Iowa State Fair for the association, and I get to contribute trees for soldiers' families through Trees for Troops. And I have all the friends I've made that consider me a part of their family Christmas tradition." ♦

Reach Kathy Hanson via email at hansonkathy@mac.com.



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Photos by Kelly Spillman-Kramer/Facets

One of Alice Moore's gift baskets, created with the chocolate lover in mind.

Homemade made simple

BY KELLY SPILLMAN-KRAMER

With the holidays just around the corner, we asked some local women for unique and simple gift and decorating ideas.

HOMEMADE PURSES

Juanita Dunn, of Ames, makes purses, which she donates to First United Methodist Church's holiday fair, from sweaters and quilted materials. Dunn adds unique touches with each sweater, quilting pieces, and buttons or

clasps to keep them closed. Dunn said she also lines the inside of the purse to make it stronger and provide a nicer gift for the recipient.

Do it yourself: Find an old sweater in your closet or at a second-hand store, or buy material from a craft store. Add old buttons or a zipper to jazz it up. If sewing is not your thing, you can find someone who makes purses or purchase a gently used purse at a consignment shop. Fill the purse with nail polish, lip gloss and makeup for an easy gift for teen girls or women on your shopping list.



One of Juanita Dunn's homemade purses made from an old sweater.



Pauline Martin, Margaret Bakely and Joan Jelden's mason jar candle holders.



Taryn Perry's homemade necklaces.



Theresa Perry's handmade holiday cards.



Handmade stockings were just one of the items Sarah Bierstedt sold at her booth.

GIFT BASKETS

Alice Moore, of Ames, assembles gift baskets each year for First United Methodist Church's holiday fair. The contents vary from basket to basket, and each basket is wrapped in cellophane.

Do it yourself: Moore's gift basket idea is simple. It requires a basket, some cellophane and a ribbon and/or gift tag. The contents are up to you and can vary depending on the recipient.

MASON JAR CANDLE HOLDERS

Pauline Martin, Margaret Bakely and Joan Jelden, of Ames, used their collective talents to create mason jar candle holders for Calvary United Methodist Church's holiday fair. Martin said their candle holders are great because they're so easy to make and can be designed to suit any time of the year or holiday.

Do it yourself: Martin, Bakely and Jelden take tall mason jars, add sand to the bottom to hold the candles in place and set candles in the centers. Then they wrap festive ribbon around the rims and tie it into a bow. Your personalization of candle color or ribbon type makes this easy-to-do craft your own.

HOMEMADE JEWELRY AND CARDS

Taryn Perry and her mother, Theresa, of Story City, brought homemade jewelry and cards to the holiday fair at Calvary United Methodist Church. Taryn makes necklaces with rocks she tumbles and polishes, while Theresa designs cards for all occasions from decorative paper.

Do it yourself: Taryn's jewelry-making with rocks she collects and tumbles herself is a rare talent. However, you can easily make necklace and earring sets using beads from a craft store or by stringing a pendant on a chain. You can craft homemade cards with scrapbooking paper, stamps and pre-made add-ons found in the scrapbooking section of any craft store. If you are short on time or don't want to make it yourself, a number of area women make and sell jewelry and stationery.

HOMEMADE STOCKINGS

Sarah Bierstedt traveled from Algona to Calvary United Methodist Church's holiday fair with a variety of products she makes from repurposed wool, old sweaters and vintage fabric. Bierstedt had something for everyone, from arm warmers, to mittens, to headbands, to berets and homemade stockings.

Do it yourself: Take an old or outgrown sweater, and use a pattern to cut out a stocking. Take two cutouts and sew them together for a one-of-a-kind place to stash Christmas morning goodies. If you don't want to make it yourself, Bierstedt and other area crafters can help you create just the right stocking. ♦

Reach Kelly Spillman-Kramer via email at kel_300@hotmail.com.

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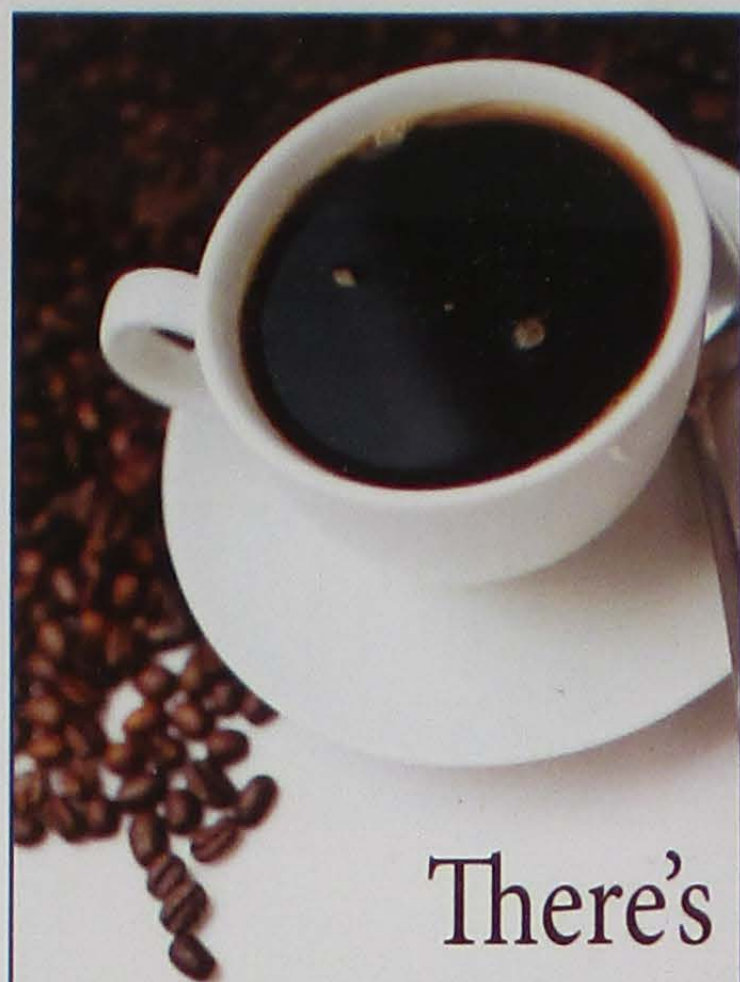
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Make winter work for you

Winter works against us. It dries out our hair, skin and nails, and makes it more difficult to look young. Winter even has a negative effect on our attitude due to light deprivation.

Since we cannot just skip it, we must develop a plan to make winter work for us.

Of course, the great thing about winter is that it includes several great holidays, from Thanksgiving to New Year's, which makes me feel a lot better about the season. So let's look at what we can do about the holidays and the "winter dries."

This time of year, salons are full of great gifting ideas, from gift cards to packages of products with great savings. Your favorite salon can help make shopping easy and well-received. It's always nice to receive a gift that you can actually use, like shampoo and bath products. Practical is still in as the economy slowly makes a comeback.

I just discovered there is a product for my "old" hands that I can put on every night before going to bed. It was a miracle that changed the appearance of my hands immediately. And there are dozens of products like this for hands, feet, face and body. You can even pick your favorite fragrance or no fragrance at all.

Savings of 25 to 40 percent are common for holiday product packages. Many packages are not holiday specific, except for snowflakes, so they fit everything from Christmas, to housewarming, to hostess gifts, to birthdays. My favorite baby shower gift for years has been acid-balanced skin care for newborns. Each new mom has adored the packages.

You'll find nail polishes to fit any party and to improve the winter doldrums. It's hard to choose with all the options.

Pedicures and manicures are not just for the sunny season. They are absolutely uplifting in the winter when we don't show our toes but our feet need extra attention. With a masque on the calf and massage from the knee down, I am in heaven any time of year.

Deepen your hair color this winter season. Richer tones match winter clothing hues and make your hair look richer all around. You don't have to make a total color change, but depth of color will make you appear younger and bring out your personality.

And after all this, curl up with a good fashion show or share a holiday film with family and friends. How about a night of beauty with your girlfriends? Everyone brings her favorite beauty product or tip to share. Ask your stylist, esthetician or nail tech for just the right item to make your contribution a hit.

Happy holidays! ♦

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at MaryClareLokken@aol.com.



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By Rebecca Van Ommen/Lifeseize/Thinkstock

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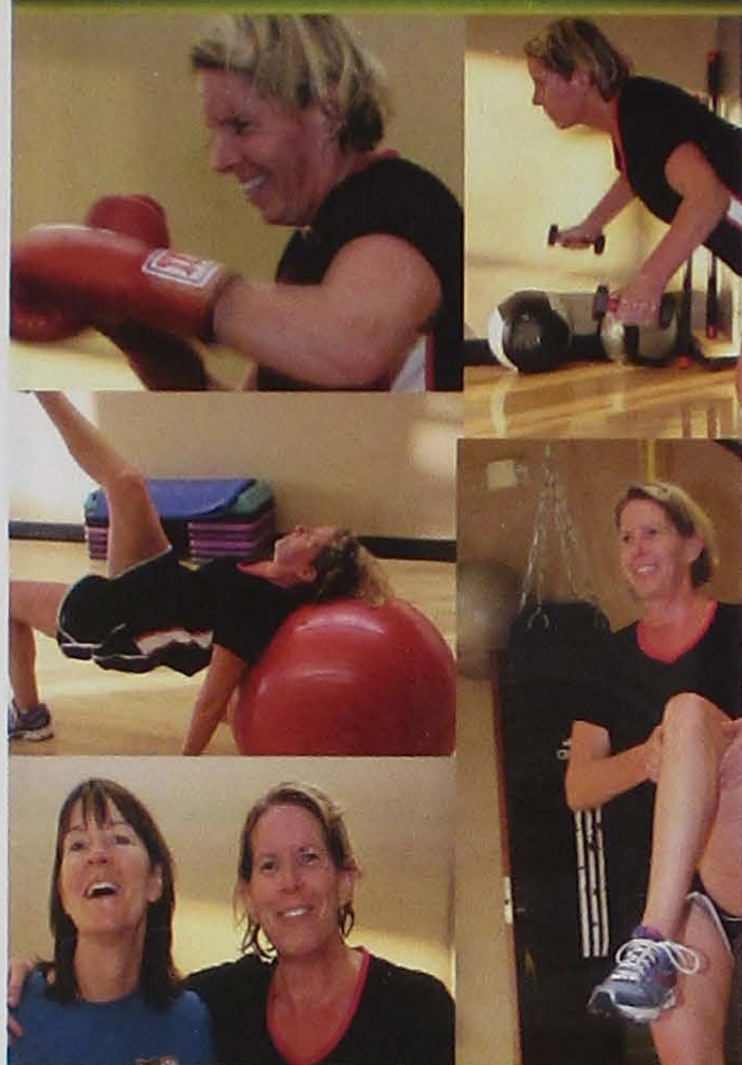
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Keep portions in check this holiday season

Portion control is probably the most important aspect of weight management, especially during these special times when families gather and food is delicious and plentiful.

Many Americans suffer from portion distortion, a consequence of our eyes being fooled into thinking super-sized amounts of food are the standard. As a result, we routinely underestimate how much food is on our plates and consume more calories, which results in weight gain. It's safe to say we have forgotten what a normal serving is.

Keep in mind this holiday season, as you head toward the break room filled with goodies, to a company holiday party, or even your family gatherings, that the larger the portion, the more calories you will consume.



AMY CLARK

HERE ARE WAYS TO DOWNSIZE YOUR PORTIONS DURING THIS HOLIDAY SEASON:

1 Use MyPlate as a guide. Try using a 9-inch plate as a way to reduce portion size and calories. Visually divide your plate in half. Fill half with vegetables and/or fruit. Fill one-quarter with protein (lean meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds). Fill the other quarter of the plate with grains, including whole grains as much as possible. Add one serving of low-fat milk, nonfat yogurt or cheese.

2 Purchase single-serve or individually wrapped items, such as fruit cups, pudding cups, string cheese, granola bars or frozen light fudge bars.

3 Eat just one serving of food. No second helpings.

4 Leave a bite or two on your plate.

ESTIMATE YOUR PORTIONS

If you don't have a measuring cup available, here's an easy way to eyeball the correct portion size.

- 1/2 cup cooked cereal, pasta, rice, vegetable or canned fruit = cupcake wrapper
- 1 cup mashed potatoes or casserole = size of fist
- 1 medium fresh fruit = tennis ball
- 1 medium potato = computer mouse
- 1 ounce cheese = four stacked dice
- 3 ounces cooked meat or poultry = deck of cards
- 3 ounces grilled or baked fish = checkbook
- 1 teaspoon margarine = tip of thumb (top joint)
- 1 ounce nuts or small candies = one small handful

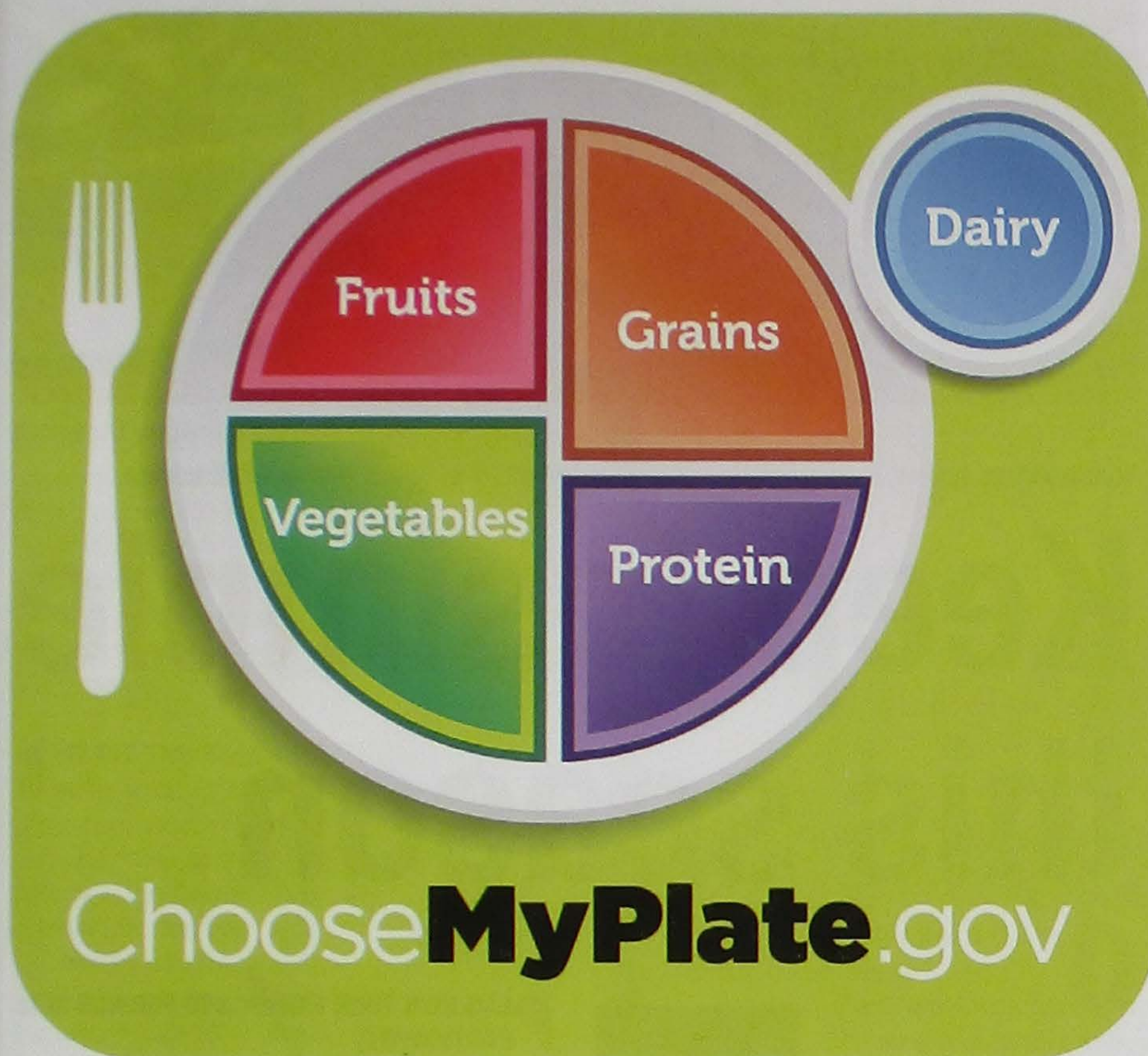
5 When eating out, eat half of the entrée at the restaurant, and take the other half home for another meal.

6 Order regular or child-size sandwiches, drinks and fries at fast food restaurants, not value or super-size meals.

7 Practice the "three bites rule" — eat only three bites of a dessert.

8 Become a label reader. Look for three things on the label: the serving size, number of calories per package/container and calories per serving. ♦

Amy Clark earned a bachelor's degree in nutrition and dietetics from Iowa State University in 2003. She is a member of the American Dietetic Association and received a certificate in adult weight management in November 2006. Her goal at Hy-Vee is to increase awareness of the impact nutrition can have on well-being. Reach her via email at 1013Dietitian@hy-vee.com.



U.S. Department of Agriculture

HOW CAN MYPLATE WORK FOR YOU?

FAMILY DINNER:

Grain and protein: 1 cup whole wheat spaghetti noodles topped with 1/2 cup meat sauce

Vegetable: 1-2 cups leafy green salad with cherry tomatoes

Fruit: 1/2 cup broiled pineapple for dessert

Dairy: 8-ounce glass of skim milk

BROWN BAG LUNCH SANDWICH:

Grain: 2 slices whole wheat bread

Protein: 2 ounces turkey

Dairy: 1 ounce low-fat cheese

Vegetable: layer sandwich with fresh vegetables (green pepper, spinach, tomato, onion); side of baby carrots

Fruit: 2 clementines

QUICK BREAKFAST PARFAIT:

Grain: 1/4 cup granola

Protein: sliced almonds

Fruit: berries

Dairy: 6 ounces nonfat yogurt

Layer yogurt, granola, berries and almonds. Enjoy a banana on the side.

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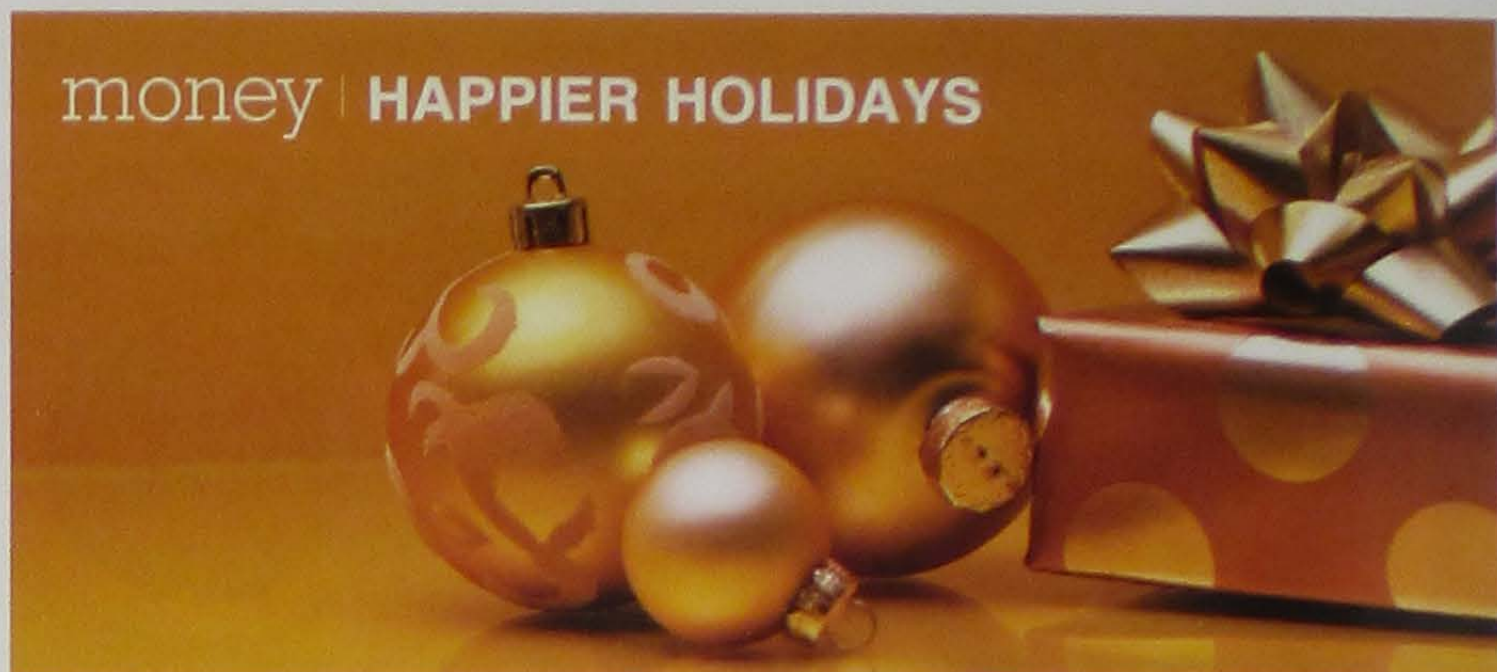


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Your holidays are more likely to be golden this year if you follow this SIMPLE advice.

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Keep it **simple** this season

On your mark, get set, go. The time between Thanksgiving and New Year's often seems like a race to the finish. And when you finish, too often the result is exhaustion, not satisfaction.

If you want a more relaxed and enjoyable holiday season, try the SIMPLE method.



**KAREN
PETERSEN**

START WITH A VISION. Sit back, close your eyes, and visualize how you would like the holidays to be this year. See the people you love, recreate in your mind holiday traditions you share with family and friends, imagine the aroma of your favorite holiday foods, hum a little holiday music, and create a vision of how you want to feel and what you want to experience this year.

INVITE YOUR FAMILY TO PARTICIPATE WITH PLANS FOR THE HOLIDAYS.

Have each friend or family member with whom you share the holidays consider the traditions they really love and ones that they would just as soon never encounter again.

MANAGE EXPECTATIONS.

Immediately after you have the input on favorite traditions, make joint decisions about this year's holiday gatherings. Make sure everyone has a chance to participate and have their ideas incorporated

in the plan.

PLAN HOW YOUR FAMILY AND FRIENDS WILL PARTICIPATE.

This might be difficult. Everybody knows their likes and dislikes. Not everybody wants to participate in the effort to make wonderful holiday memories a reality.

LEND A HAND TO SOMEONE.

This year, commit to do one thing each day for someone you don't know. It could be a smile for a person behind you in the line at the post office. You could rush ahead to hold a door for a mother struggling with a toddler and a baby; or it could be taking time for a cup of coffee with a lonely neighbor.

Please join me in a 30-day challenge to do one kind, unexpected thing each day for a stranger. I am sure your days will be richer, and you will have a smile on your face. And, if you want, share your experiences with me via email. I look forward to hearing about all the ways you spread love this season.

ENJOY.

Take time to enjoy every part of this Christmas holiday season ... because life is more than money. ♦

Karen L. Petersen, CFP® CDFATM, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

Eight fitness gifts

Certified trainers and fitness editors have a list that is worth checking twice this holiday season.

If you are looking to buy the perfect inspirational or motivational gift for someone this holiday season, check out this list for women who are just starting on their fitness goals or want to keep the effort going.



DEBRA ATKINSON

1 FIT BIT. This device tracks sleep, activity, stairs and nutrition, and it syncs to your computer automatically when it is in close proximity. For those who count steps, miles, calories and percentages, and use that as motivation, this little device that clips on their pants may propel them with the "more" they are looking for to help achieve results. Most popular model \$99. Available at www.fitbit.com

2 Have a bigger budget? **BACCHETTA BIKE'S RECLINANT STRADA MODEL** is on bikers' wish lists. The reclined seat offers added comfort, especially for longer rides. Prices vary by equipment. Available at the Bike Barn in Ogden or www.bacchettabike.com.

3 For the woman who needs to get a grip and wants to work out, but wants hands that don't show it, **WORKOUT GLOVES** are a great little stocking stuffer. The gloves prevent calluses and improve safety by preventing slipping that can occur when sweat or humidity factor into training. Prices range from \$12 to \$25. Available at Target, Walmart and most activewear stores.

4 Several women I spoke to said they would give friends and family whom they hoped to inspire **GIFT CERTIFICATES** to GNC, Whole Foods, Trader Joes or Wheatsfield grocery stores. Consider including a top 10 list of items to get them started.

5 An **AT-HOME TRX SUSPENSION SYSTEM** makes a weight room out of any room with a door. It challenges you with your own body weight in a way that activates the core with every exercise. The system comes with a DVD and attachments for \$199. Available at www.trxtraining.com.

MOVE OF THE MONTH



HOVER REFORM

By now, if you've done enough group exercise or personal training sessions, someone somewhere has suggested you do a hover, or a plank, on your forearms. Here are a couple of things to keep in mind about this exercise.

Stuart McGill, renowned researcher on back exercise and back health has found that those who can hold the hover for approximately 120 seconds or more had less back pain and injury. So if you're successfully doing a hover pain-free now, you might want to work on extending your time occasionally. (If you're just coming off an injury or know you have a weak back, begin with 10-second bouts and do more repetitions for best results).

Another more challenging option: Get next to a wall with shoes on for traction (and don't let your mother or your spouse catch you if you're at home). Press your feet to the wall and begin your hover. You'll find your muscles — shoulders, quads and glutes — work harder to keep you up, and you'll be bracing, which is the No. 1 way to really strengthen your core for function in daily life. See how long you can hold this pose, and slowly work on increasing your time.

6 A **NEW FOAM ROLLER** costs \$20 to \$36, depending on the model. It is an everyday tool that reaps rewards over time. Use it now, or it can be introduced when you see your physical therapist. Learn about different options and the benefits of each before you buy at www.powersystems.com.

7 Consider **A PERSONAL MAT** (and a carrier) for your yogi. Favorites from Joy Keller, national fitness editor, include Gaiam Sol (\$40 to \$90, depending on thickness, at www.gaiam.com). Keller also mentioned the Manduka Black Mat (\$90 at www.manduka.com).

8 **LULULEMON** is the ultimate training/running/yoga garb for savvy clothes-minded exercisers. Famous for \$94 yoga pants, the quality matches the price. You can now find a Lululemon showroom as close as the East Village in Des Moines. Or check out www.lululemon.com. ♦

Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years.

Reach her via email at PTDirector@amesracfit.com.

faceted woman | MOLLY NEAL-WONG

Name: Molly Neal-Wong

Age: 37

Position: Real estate agent with Hunziker and Associates, Realtors

Family: Husband, Larry; son, Forest; and daughter, Harmony

What would you do with \$1,000 to spend on yourself?

I would take my family on a quick weekend trip to Disneyland. I would have the most fun out of all of us.

Your favorite meal:

I love tofu lettuce wraps and brown rice from P.F. Chang's. It's even better if you run across the street to the Cheesecake Factory for strawberry shortcake afterward.

Craziest fashion you ever wore:

Argyle men's neckties in elementary school.

I never leave home without:

My cell phone is permanently attached to my hand. I really don't know how I would run my business without it.

Your favorite motto:

Live and let live.

What have you accomplished that has made you proud?

I have helped hundreds of families accomplish their real estate goals. Whether it be a family selling a loved one's home that has been in their family for years, a young couple investing in their first home to start their lives together, a single person recently divorced, empty nesters looking to downsize, or a growing family needing more space, most sales and purchases are emotional in nature, and I have the unique opportunity to get to know my clients on a personal level and help them realize their dreams in many cases.



Photos courtesy of Molly Neal-Wong

Above: Molly Neal-Wong, right, celebrates Hunziker and Associates' 60th anniversary at a party with Dean Hunziker, center, and Carla Sacco. Left: Molly Neal-Wong with her husband, Larry Wong, and their children Forest and Harmony.



I'm pretty lucky.

My simplest pleasure:

I love watching my kids dance and sing. They're so carefree and innocent.

I crave:

Roller coasters. It would be amazing to be able to go jump on one every morning to start my day.

When I am an old lady:

I will spend a lot of time looking at photos and watching videos from when my kids were young. I'll probably practice doing this during the rebellious teenage years to come.

I am thankful for:

My two healthy children and having family nearby to be a part of their lives. I'm also thankful we

have such a thriving local economy and real estate market.

What financial advice would you give other women?

Find a way to have financial independence. Don't rely on anyone else to take care of you.

How do you give back to your community?

I recently served on the Ames Community School District's facilities committee and on the advisory board for Consumer Credit Counseling Services of Iowa. I currently serve as the Parent Teacher Organization's co-president at Northwood Preschool, volunteer in my son's classroom by working with kids who need a little extra help, and volunteer for various charity events, such as the Mary Greeley Medical Center Annual Benefit. ♦

portunity to get to know my clients on a personal level and help them realize their dreams in many cases.

Do you believe in New Year's resolutions? Do you have one this year?

Yes. Stop and breathe. Sometimes I catch myself rushing my kids through daily tasks and realize I need to slow down and enjoy the silly moments and let them be kids.

If you could do or be anything you want, what would it be?

A mom and a Realtor. I guess



May your smile be merry and bright!

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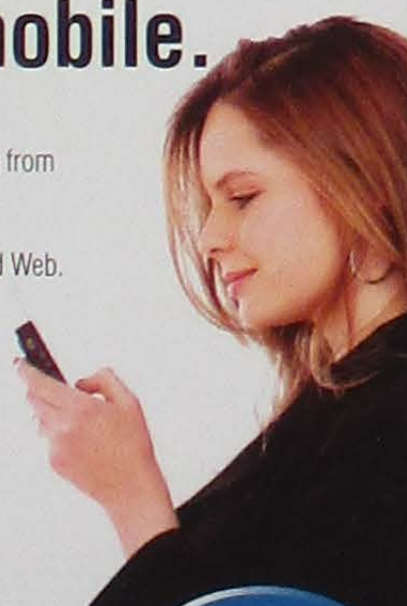
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Classes will begin in January! Cost \$290

At Lincoln Center Hy-Vee - January 8th every Tuesday from 6:00-7:00 p.m. or at
West Ames Hy-Vee - January 10th every Thursday from 6:00-7:00 p.m.

- Session 1 - 60 minute consultation with biometric screening, individual
- Session 2 - Portion Distortion and Volumize Your Plate, group class
- Session 3 - Nutrition store tour, group class
- Session 4 - Exercise, group class
- Session 5 - Individual, 30 minute consultation, measurements
- Session 6 - Fat and Sugar, group class
- Session 7 - Disease Prevention, group class
- Session 8 - Cooking Class, group class
- Session 9 - Emotional Eating, Plateaus and Weight Maintenance, group class
- Session 10 - Individual, 30 minute consultation with biometric screening